

RYAN REYNOLDS IN HIT-AND-RUN

THIS TIME THE PAPARAZZI HAS GONE TOO FAR! PAGE 14



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Recovery. Small businesses that were devastated in last month's East Village explosion are bouncing back with help from low-interest loans and support from the city. PAGE 02



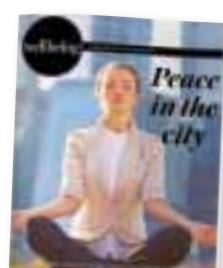
Marco Ventura and Giovanni Bartocci, co-owners of Via Della Pace on East 7th Street, believe the blast changed the heart of the East Village. / BESS ADLER, METRO

De Blasio pushes 'safe sleep' practices

PAGE 04

Meditate your way to a life of purpose

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Rangers' Nash needs dynamite postseason

PAGE 25



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Small East Village biz rebounding after blast

Recovery. Small businesses affected by last month's East Village inferno turn to lending to rebuild.

Many of the East Village businesses affected by March's apparent gas explosion are up and running again.

The massive crime scene that blocked off a portion of Second Avenue for weeks as crews worked to recover the bodies of two men who died — Nicholas Figueroa and Moises Locon — is now reduced to what looks more or less like a construction site behind tall, green, wood fences, save for the charred neighboring buildings, a few remaining police barricades, the faint smell of smoke and a gaping hole and memories.

But for small businesses, like Jimmy's No. 43 and Via Della Pace — both on East Seventh Street — the days and weeks their doors were closed have created a financial hit they expect to carry with them for the rest of the year, if not longer.

Both have applied for and been approved for emergency funds



Owners Marco Ventura and Giovanni Bartocci of Via Della Pace on East 7th Street. / BESS ADLER, METRO

The blast

Bar owner talks loss

James Carbone owns beer bar and kitchen Jimmy's No. 43, 43 East Seventh Street, which he estimates is 10 feet from the blast.

Carbone couldn't get into his bar for the first week after the explosion because of the police investigation, and he spent the

following week cleaning, dehumidifying and drying out the historic bar, as well as coordinating inspections from city agencies.

"I've had businesses through 9/11, Hurricane Sandy and relief from FEMA and any other government program I've never qualified for," Carbone said. "We've always had to take the loss."



James Carbone

Aid

NYC offers help

Small Business Services Deputy Commissioner Robinson Hernandez

said 38 businesses were affected by the explosion, six of which were destroyed when the buildings collapsed, and

four remain closed but are in the process of re-opening.

Hernandez said SBS is encouraging business

owners to take advantage of NYC Business Solutions, a free service that can help identify the best next steps.

If you go

A business recovery meeting is set for 9:30 a.m. today at Middle Collegiate Church.

through Asian Americans for Equality's small business lending department, called Renaissance Economic Development. The Lower East Side-based nonprofit granted 170 emergency business loans after Hurricane Sandy, and is offering loans up to \$50,000 at 2 percent interest for businesses impacted by the explosion.

Via Della Pace, which has been in business the last 13 years, closed for five days following the explosion.

Owners Giovanni Bartocci and Marco Ventura said the lost business came after a long, slow winter, and the memory of Sandy, when the restaurant stayed open with gas but no electricity, cooking for people in the neighborhood and eating by candlelight.

"It changed the heart of the East Village," Bartocci said of the blast. "We'll see how long we're able to keep fighting, but it's been tough. It's going to be a very noisy next four years. In summertime, I don't know how many people will want to sit outside and eat with all the noise and the dust."



WENDY JOAN BIDDLECOMBE

Wendy.Biddlecombe@metro.us

Union Square. Activists plan rally against police violence



Police-community tension has been high. / GETTY IMAGES

Family members of people who have been killed by police are expected to gather with protesters in Union Square at 2 p.m. today to rally against police brutality in a national day of action.

Stop Mass Incarceration Network organized the rally following the shooting of Walter Scott,

an unarmed black man, in South Carolina by a white police officer earlier this month. The incident was captured on cellphone and dashcam video, and Officer Michael Slager has since been fired and arrested on murder charges.

"We're going to revive the spirit of Ferguson, that spirit of refusing to suffer

the brutality of the system in silence. And we're going to take it higher. We have to get back out into the streets to declare that we're not backing down. We're not going away," said Carl Dix, co-founder of Stop Mass Incarceration Network.

Last fall, the deaths of Michael Brown in

Ferguson and Eric Garner in New York City, and subsequent grand jury decisions not to indict the officers involved, started waves of protests across the country. Organizers say this is the first national protest since the Black Lives Matter movement last year.

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Allies? Clinton, de Blasio both head for Iowa

Strange bedfellows. The mayor turned heads with his lack of support for Hillary's bid for the presidency.

The mayor of New York City raised the collective eyebrows of both parties Sunday when he flat out refused to endorse Hillary Clinton's bid for the United States presidency.

And now, he's heading to Iowa to push his "progressive" vision for America the very same week that Clinton is in the crucial early primary state pushing hers.

It's a state she lost to President Barack Obama in the 2008 primary.



De Blasio / GETTY IMAGES

De Blasio's snub Sunday, the same day Clinton tossed her hat into the ring, was notable for several reasons.

For starters, de Blasio managed her successful 2000 campaign for the Senate.

Not to mention Clinton and Chirlane McCray, the mayor's wife, recently appeared side-by-side at an event promoting a major early childhood develop-

ment initiative. Plus, the Clintons were special guests at the mayor's swearing in.

Other top state Democrats, like Gov. Andrew Cuomo and Sen. Charles Schumer, offered their unbridled enthusiasm for the former first lady.

Following de Blasio's snub, Hillary Rosen, a major party consultant and specialist, launched social media missiles against the mayor: "@BilldeBlasio's self aggrandizing on #MeetthePress at @hillary-clintons exnse won't go unnoticed. #Ridiculous," Rosen posted on Twitter.

De Blasio said of Clinton Sunday on NBC's "Meet The Press": "Like a lot of people in this country, I want to see a vision."

JOHN A. OSWALD
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'Safe Sleep.' Campaign takes aim at parents



De Blasio's "Safe Sleep" initiative aims to protect babies. / PROVIDED

There are few things more emotionally connecting for the parents of young children than to have their babies beside them, in bed, watching them sleep like angels.

But Mayor Bill de Blasio on Monday had a message for those parents: Don't do that.

It's just one aspect of a massive child-health public education program to get the word out on what medical experts are calling "safe sleep" practices.

Besides the risk of smothering a child if a par-

ent rolls over, the mayor's "Safe Sleep" initiative will also highlight how to prevent injuries and deaths associated with other unsafe sleep practices, such as excessive bedding, bumpers and toys in cribs.

"We must step up efforts to make families aware of the importance of safe sleep practices, including placing your baby on her back, alone in a crib, keeping excessive bedding and other soft objects out of the crib, and keeping a smoke-free home," de Blasio said.

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Rubio starts his bid for the White House

GOP. Senator urges voters to make 'generational choice'.

U.S. Senator Marco Rubio of Florida plans to enter the 2016 race for the White House by urging voters to make a "generational choice" for leadership that takes the country in new directions, according to excerpts of his announcement speech.

"Before us now is the opportunity to author the greatest chapter yet in the amazing story of America. We can't do that by going back to the leaders and ideas of the past," Rubio, 43, says in the excerpts released before his formal announcement.

"We must change the decisions we are making by changing the people who are making them,"



Marco Rubio /GETTY IMAGES

will be."

During a conference call with donors, Rubio criticized Democratic front-runner Hillary Clinton as a leader from yesterday and said the 2016 race will be a choice between the past and the future, the source said.

Rubio, a son of Cuban immigrants who rode the anti-establishment Tea Party wave of 2010 to national prominence, was to formally announce his bid on Monday at Miami's Freedom Tower.

That is where thousands of Cuban exiles fleeing the communist-run island in the 1960s were first registered by U.S. authorities.

Rubio is expected to make a muscular foreign policy a focal point of his campaign, portraying himself as the Republican most ready to handle threats to America in a chaotic world. **REUTERS**

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Sanctions. Russia opens the way to missile deliveries to Iran

Russia paved the way on Monday for missile system deliveries to Iran and started an oil-for-goods swap, signaling that Moscow may have a head-start in the race to benefit from an eventual lifting of sanctions on Tehran.

The moves come after world powers, including Russia, reached an interim deal with Iran this month on curbing its nuclear program.

The Kremlin said President Vladimir Putin signed a decree ending a self-imposed ban on delivering the S-300 anti-missile rocket system to Iran, removing a major irritant between the two after Moscow canceled a corresponding contract in 2010 under pressure from the West.

A senior government official said separately that Russia has started supplying grain, equipment and construction materials to Iran

in exchange for crude oil under a barter deal.

Sources told Reuters more than a year ago that a deal worth up to \$20 billion was being discussed and would involve Russia buying up to 500,000 barrels of Iranian oil a day.

Officials from the two countries have issued contradictory statements since then on whether a deal has been signed, but Deputy Foreign Minister Sergei Ryabkov said on Monday one was already being implemented.

REUTERS

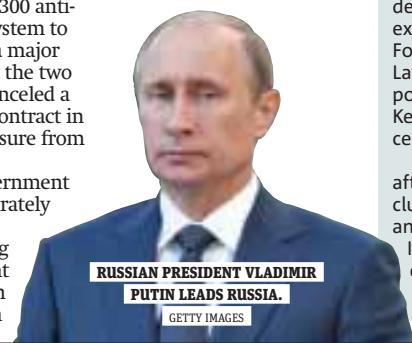
Missile deal

U.S. raises concerns over missile plans

Secretary of State John Kerry raised concerns with his Russian counterpart over Russia's decision to lift a ban on missile deliveries to Iran, the White House said on Monday.

White House spokesman Josh Earnest did not provide details of Kerry's exchange with Russian Foreign Minister Sergei Lavrov. "It was an opportunity for Secretary Kerry to raise our concerns," Earnest said.

The moves come after world powers, including Russia, reached an interim deal with Iran this month on curbing its nuclear program. REUTERS



RUSSIAN PRESIDENT VLADIMIR PUTIN LEADS RUSSIA.

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Iran calls for new Yemen government

Iranians burn and stomp on Israeli and American flags during a demonstration against the Saudi-led coalitions Operation Decisive Storm against the Houthi rebels in Yemen, outside the Saudi embassy in Tehran. Iran on Monday urged the formation of a new Yemeni government and offered to assist in a political transition, comments likely to anger Saudi Arabia, which is backing Yemen's president against a rebel force allied with Iran.

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NEWS 12

Five things you

Jodi Arias gets life without parole

An Arizona judge sentenced former waitress Jodi Arias to life in prison with no possibility of parole on Monday for shooting and stabbing to death her ex-boyfriend in 2008.

Maricopa County Superior Court Judge Sherry Stephens said Arias' crime, which attracted national attention, was "especially cruel ... [and] involved substantial planning and preparation."

Arias, 34, had escaped a possible death sentence last month after a lone juror at her sentencing retrial refused to back the death penalty throughout five days of deliberations.

She was found guilty of murder in 2013 after a trial packed with lurid details and graphic testimony that drew a large audience. Prosecutors said she

killed her former partner in a jealous rage while Arias argued she acted in self-defense.

Shackled and clad in jail stripes, Arias told the court she had long wanted to be put to death for the crime.

"But I had to fight for my life just like I did on June 4, 2008, because I realized how selfish it would be for me to escape accountability for this mess I created," Arias said.

REUTERS



Travis Alexander, the victim. / FILE PHOTO

Ex-student sought in shooting death of N.C. college worker

A manhunt was underway for a 20-year-old former student accused of fatally shooting a long-time school employee at Wayne Community College in Goldsboro, North Carolina, on Monday, local authorities said.

The morning shooting prompted a lockdown and evacuation of the campus. Police said the suspect, identified as Kenneth Morgan Stancil III, carried a long gun to the third floor of a campus building and shot print shop director Ron Lane, who had worked at the college for 18 years.

REUTERS

Blackwater. Guards sentenced to prison



An Iraqi woman in 2007 peeps inside the blood-stained car of two women allegedly shot dead by private security guards in central Baghdad. / GETTY IMAGES

A former Blackwater security guard was sentenced to life in prison and three others got 30-year terms on Monday in the massacre of 14 unarmed Iraqi civilians at a Baghdad fire circle in 2007, closing a case that had outraged Iraqis and inflamed anti-U.S. sentiment around the world.

The Sept. 16 incident stood out for its brazenness and formed a tense backdrop to talks between the United States and Iraq over the continued presence of U.S. forces in Iraq. It also sparked debate over

private security contractors working for the U.S. government in war zones.

The four guards opened fire with machine guns and grenade launchers on the Iraqis, including women and children, at Nisur Square. A heavily armed, four-truck Blackwater Worldwide convoy the men were in had been trying to clear a path for U.S. diplomats.

Nicholas Slatten, 31, of Tennessee, was convicted in October of killing the driver of a car the defendants had argued at trial they believed contained a bomb. REUTERS

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need to know



**Author
Guenter Grass
dies at 87**

German novelist Guenter Grass, the Nobel Prize-winning author of "The Tin Drum," died on Monday at the age of 87, his publishers said. Grass spurned the German tradition of keeping a cool intellectual distance, insisting that a writer's duty was to be at the frontline of moral and political debate. For many, he was the voice of a German generation that came of age in World War II.

REUTERS

China to overtake U.S. as worst polluter

China is poised to overtake the United States as the main cause of man-made global warming since 1990, the benchmark year for U.N.-led action.

China's cumulative greenhouse gas emissions since 1990, when governments were becoming aware of climate change, will outstrip those of the United States in 2015 or 2016, according to separate estimates by experts in Norway and the U.S.

The shift, reflecting China's stellar economic growth, raises questions about historical blame for rising temperatures and more floods, desertification, heat waves and sea level rise. **REUTERS**



Plea deals could spare educators prison time

Ten former Atlanta public school educators, convicted earlier this month of racketeering in one of the nation's largest test-cheating scandals, should consider plea deals or face likely prison time, a judge said on Monday. During a sentencing hearing, he said he had been ready to send the defendants to prison, but hoped to resolve a case likely to see appeals. **REUTERS**

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Twitter feed

Today, Pink is owning her belly fat, Ricky Gervais has specific standards, Olivia Wilde is excited for our first hipster president, Karen Gillan isn't buying it and Lena Dunham is not proud.

@Pink: Willow said to me the other day whilst grabbing my belly—"mama-why r u so squishy?" And I said..."b/cuz I'm happy baby"

@rickygervais: If you don't have empathy with animals, you don't have empathy.

@oliviawilde: Camp Hillary is based in Brooklyn so all future announcements shall be written on tiny typewriters and delivered by unicyclists.

@karengillan: Just saw a creepy SeaWorld advert. Please stop holding whales in captivity.

@lenadunham: I'm finally ready to admit that Coachella sort of interests me for jumpsuit reasons :)

1 Ryan Reynolds hit by paparazzi's car

This is no way to get an exclusive, guys! Ryan Reynolds was the victim of a hit-and-run in his native Canada when a paparazzo's car struck him in a parking garage and then totally fled the scene — most likely because the only way they know how to drive is in chase mode. "While walking, Ryan was struck by a paparazzi driving a car through an

underground parking garage," the actor's rep says in a statement. "The man fled the scene. Ryan is OK." The incident happened in the residential parking structure of the Shangri-La hotel in Vancouver, Reynolds' hometown. CBC News reports suggest the actor was injured, but police did not release further details.



Amber Rose swears she's cool with Kendall Jenner

Amber Rose would like the world to know that reports of friction between her and Kendall Jenner at Coachella have been greatly exaggerated. A gossip item surfaced claiming the pair had been super-“awkward” around each other and “came close to clashing” at a VIP party sponsored by esteemed high-end luxury brands McDonalds and Chevrolet.

But Rose insists it's all bogus. “It's so annoying. It just never happened. They pull stories out of their f—ing asses,” she tells E! News. “Me and my friends had a great time and I'm sure she did, too.” I'm sure.



THE WORD

Ned Ehrbar takes on the world of gossip.

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Daily video

Letting your mom read your Grindr messages

Well, this shouldn't be awkward at all. Irish YouTuber Riyad Khalaf signed up for the gay hookup app Grindr, let



ALL PHOTOS GETTY IMAGES

Lindsay Lohan calling the cops on mom

Somehow I knew the bond between Lindsay Lohan and mom, Dina “people think we’re sisters!” Lohan, wouldn’t last forever, and this may be what finally does in the relationship. Lindsay is reportedly threatening to call the cops on her mom because Dina is selling off Lindsay’s clothing, furniture and artwork online and to friends without Lindsay’s permission. Dina’s totally sound logic is that items Lindsay put in her garage for storage while filming her Oprah Winfrey-produced reality series are totally fair game

to sell off now. Because possession is nine-tenths of the law and all.

But that’s not all. Lindsay is also freaking out because Dina is trying to horn in on her love of England. Lindsay reportedly hit the roof when she heard that Dina was in talks to join the U.K.’s “Celebrity Big Brother” this summer. “Lindsay flipped and began screaming, saying [Dina] had no right to come to England” a source tells TMZ. Hey, Lindsay, look on the bright side: She’d be locked up the whole time anyway.



read them. It goes about as delightfully as you’d image. Some of the only print-friendly messages include, “Oh yeah, I’ve got a nice package for you if you want to unwrap it” and “Group fun.” There are some things mothers don’t necessarily need to know.

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Finding calm amid chaos

Healing. Actress Mariel Hemingway shares with us her struggles to escape a legacy of mental illness, substance abuse and suicide while still embracing her famous last name.

When your last name is as storied as Mariel Hemingway's, tied not only to enviable literary fame, but also a dark lineage of mental illness and substance abuse, it can be difficult to figure out who you are outside of that.

As part of her journey to self-discovery, Hemingway is releasing her memoir in two forms: "Out Came The Sun" for adults and "Invisible Girl" for teenagers, both out this month.

Learning moment

Rejecting Woody Allen

"Part of why I liked making movies so much is that I would make families out of the whole set," she says. "It was a way to avoid worrying about my own family."

In "Out Came The Sun," Hemingway describes how during the filming of "Manhattan," Woody Allen started pursuing her --- Heming-

way was 18 at the time --- and asked her to go to Paris with him. She declined his offer, knowing the strings that came attached to the trip. "That [moment] was really about me finding my voice," she says. "It was a revelation that I had to stick up for myself and make my own decisions."

Playing peacemaker

In both books, Hemingway describes her childhood as chaotic. Both of her parents were alcoholics and got into loud fights, during which she played peacemaker and tried to pick up the pieces. "I thought all families threw bottles and would yell and scream like that. I didn't know," Hemingway tells us.

Searching for her own way

Hemingway says she loved her last name and the link to her grandfather, but worried about the mental illness and addiction attached to it. "I didn't want to end up like that," she says. "So my search throughout life has been, how can I be healthy naturally?" It's this process of

searching for answers that she thinks saved her from the issues her sister and parents faced. Her sister Margaux committed suicide in 1996 at age 42; her mother died of a drug overdose in 1988. Her father died in 2000.

She hopes the books will start a conversation about mental illness and addiction, so people don't see it as a stigma and are more willing to talk about it. "People are terrified to talk about it because they are scared of losing their jobs. ... I think we can prevent suicides from mental illness and depression if we can talk openly about it so that people can get the right help," Hemingway says. "I hope my story will give courage to someone else to tell their story."



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Actress and author Mariel Hemingway's new books are out now.
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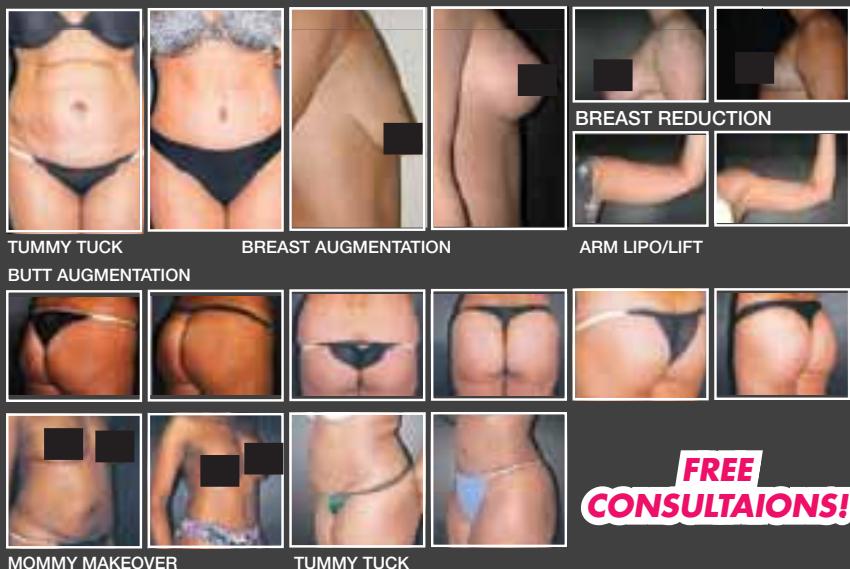
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"The Wire's" Brandy Burre surrenders herself to the experimental doc "Actress." / CINEMA GUILD

'ACTRESS' WILL CHANGE HOW YOU THINK ABOUT DOCUMENTARIES

Documentary

'Actress'

Netflix Instant

Documentary for some may be a form of journalism. But you won't learn much from "Actress," Robert Greene's remarkable documentary profile of Brandy Burre. That's a good thing; docs should be thought of as a more diverse field. You might recognize Burre from "The Wire." (She was crafty campaign manager Theresa D'Agostino.) She quit acting to be a stay-at-home mom, and when "Actress" catches up with her, she's thinking of getting back in the game but acutely aware producers aren't crazy about

Comedy

'The Big Lebowski'

Netflix Instant

The Coen brothers' predictably unpredictable follow-up to the Oscar-gobbling "Fargo" is one of the great cases of a film rediscovered on home video, where people can endlessly re-watch it. So if you can't find your scratched-up DVD from the year 2000, you can abide with the high-def version that now streams.

Criterion Collection

'A Day in the Country'

Hulu

Jean Renoir's 1936 short is one of cinema's perfect films, but it's amazing it exists at all. Renoir was forced to abandon it before completion, and it was stitched together years later. You'd never know: What starts out as a fun picnic romp smoothly evolves into a profound look at memory and lost chances.

middle-aged women. But not everything it shows is real, though it's no mere puzzle to be solved. What's moving about

"Actress" is the way it captures how we all construct fake versions of ourselves, and not just to show others. **MATT PRIGGE**

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CASUAL SEXISM STILL REIGNS AT GEEK CONS



It shouldn't be a surprise when legions of girls show up at places like WonderCon. / GETTY IMAGES

WonderCon, a comics convention full of cosplay, fandom, geekery and, sadly, casual sexism took place the first weekend in April. One of my Legion of Leia writers posted a story about an incident that I hear about far too often. A woman was about to purchase a large and expensive quantity of geeky goodness when she was asked by the vendor, "Is this for your husband?" I mentioned this while on a panel, and after it was over, a bunch of audience members told me the same thing had happened to them.

Casual or unintentional sexism is pretty rampant. You know, the stranger who calls you sweetie, thinking he's being nice. The video game store clerk who asks if the game I'm buying is for my husband or my son. It's mine! My imaginary husband and son can keep their imaginary paws off it!

Geena Davis recently gave a speech where she

talked about a study that showed blind auditions for an orchestra make it easier for women to be hired. When the judges could see who was auditioning, men were more likely to be chosen. When the auditions were blind and the stage carpeted so they couldn't hear women's heels, it becomes close to 50/50.

I don't think everyone is doing this on purpose. That's why it's important to make people aware of what casual sexism is and change opinions. Point it out when it happens. Talk about your geekdom. When someone asks you if you're buying that comic book because your boyfriend told you to, explain that you've been a fan forever. Tell the guy who looks incredibly surprised at your passion for "Star Wars" that there are hordes of women out there who love it, too.

By the way, that woman bought an expensive quantity of geeky goodness from someone else.



Geek Girl in Hollywood

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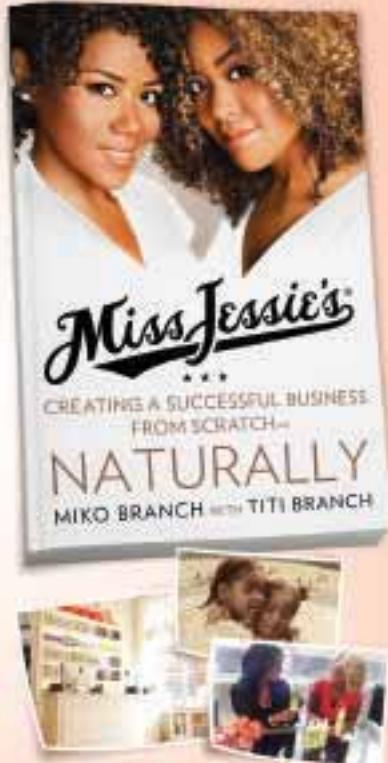
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YESENIA ALMONTE

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Metro's new parenting blogger will be sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months.



Last weekend, one of my friends coordinated a birthday brunch for her husband and all of our friends, including the kiddies. My friends believe that you need to get kids used to the idea of going to restaurants and training them to behave at the table — and the younger they are, the better it is to train them, in their opinion.

Agreed, parents should expose their kids to these types of settings early in their lives in an effort to help them with their socialization skills. If only, right? Kids are kids and water will be spilled, silverware will be dropped and banged on the table, crying outbursts will happen and running and chasing will also be part of the menu.

Needless to say, it's not my idea of a good time, so our strategy in those situations is generally to leave the kids with a sitter while we go and enjoy a meal with our friends.

For exclusive commentary, visit [Metro.us/blogs](#).

When my husband and I go out to restaurants, we like to sit peacefully and enjoy our meal and a glass (or two) of wine, and that's hard to do with a toddler and a baby in tow. Just not my thing. So for this occasion and a few others before, we opted to go out sans kids.

While we do enjoy taking our kiddies out to restaurants, and they actually behave pretty well, we don't always see the need to inject them into such scenarios and feel they will enjoy themselves more at this age by doing more kid-friendly activities.

What would you do in this situation? Would you feel guilty about leaving your kids with a sitter while your friends bring their kids along? Tweet me your thoughts at [@yeseniaalmonte](#).



Tobo Tracks offer an environmentally friendly alternative to plastic toys. / KICKSTARTER/TOBO TRUCK

—*ado or a don't?*



Flying pasta noodles isn't exactly my idea of a relaxing dinner out. / iSTOCK

Crowdfunding. One toy inventor is making play time "greener," just in time for Earth Day

If you look around your child's room, you might be distraught to see it littered with toys that aren't environmentally friendly. Unfortunately, it seems like all the "coolest" toys are made of plastic. But one toy inventor is looking to change that.

Tomas Nielsen is creating Tobo Track, connectable toy train tracks made from recycled

wood, not plastic.

For parents already at toy overload, rest assured: It works with the toys your child has. It connects to LEGOs and has an adaptor to connect to Thomas And Friends toys.

The way the pieces are designed, there are many ways the tracks can be laid down, so kids can be creative with how they make the tracks

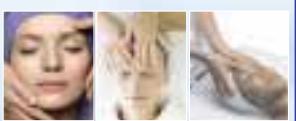
curve and loop around. That way, it looks different each time it's put together — way more fun than something formulaic.

Nielsen is trying to get the funding he needs on Kickstarter. There's a week left for him to meet his goal of roughly \$30,000. If successfully launched, the sets would sell for \$44.

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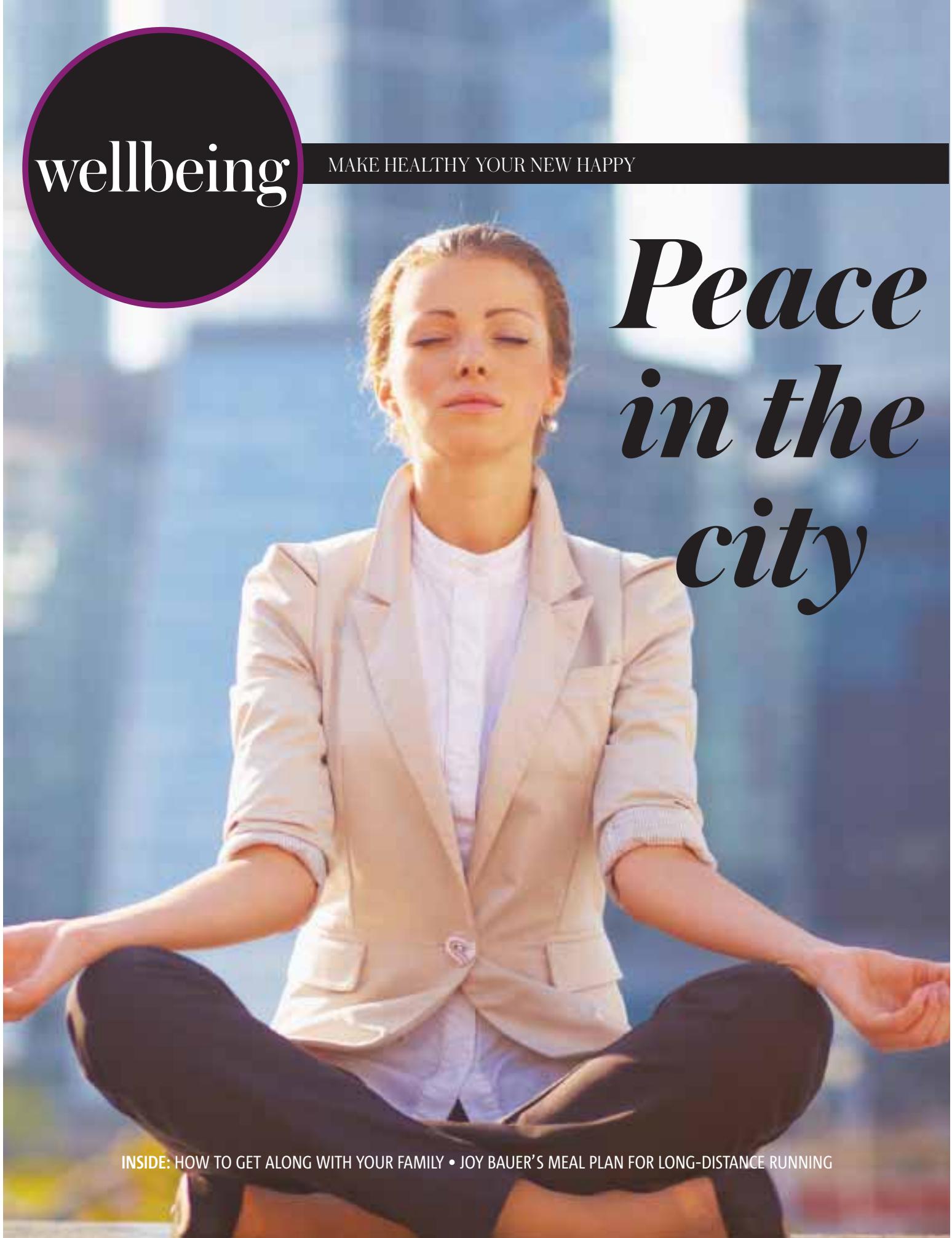
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Mallika Chopra teaches us the rule-free way to peace of mind.

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Mallika Chopra's last name is synonymous with well-being. Her father is spiritual guru Deepak Chopra, and she's been meditating from the age of 9. But in the decades since, the 43-year-old Chopra would find herself living a life that was out of touch with the principles that were important to her. Her new book, "Living with Intent," chronicles her yearlong "somewhat messy journey" back to living a healthy, happy and more purposeful life.

"I've grown up around this stuff, but then I've wandered and found myself frazzled and crazy and out of balance," she says. "And so I went back and looked at what were the techniques in my life that had helped me feel like every day I was doing something that aligned with my deepest desires."

One of the pillars of her book is meditation, and whether you've never tried it before or couldn't make it stick, Chopra shared with us some advice on how to make it part of your own imperfect path to a more fulfilling life.

Don't wait for your life to change to make room for it

"The reality of life is we're trying to balance a lot of things, and I lost myself," Chopra says of trying to balance her work with the wellness portal Intent.

Which celebs meditate? Visit metro.us



Meditation can be done anywhere — just close your eyes to the chaos and focus on your mantra. iSTOCK

Throwing out the meditation rule book

Make it a family affair

The most common question Chopra gets is how to get kids involved. "If you meditate, your kids will be watching you and they'll want to mimic you," she says. The peace of mind can be especially helpful to them: "I had a lot of stability even through the tumultuous teen years because I had this tool."

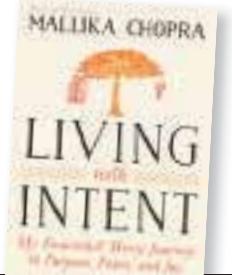
com, which just launched an app, and her family life with her husband, and two daughters, 10 and 13. A big part of her book is checking in with yourself — and not just when there's something to criticize. Let go of your guilt and start (again).

There's no set time

The recommendation of 20 minutes in the morning and afternoon is a great goal, but it's not realistic for most people, including Chopra. "Sometimes I do it for 5 minutes, sometimes I do it for 20 minutes, sometimes I don't do it for two weeks," she confesses. Just take a minute when you can (or when you need it) and create a mental oasis.

There's no "right" way to do it

Your mind doesn't have to be completely empty, and you don't have to be in a quiet room — she sometimes gets a session in while waiting in the carpool line. For the ultimate beginner, she teaches a very basic meditation: close your eyes, take a few deep breaths, and anchor yourself by repeating a phrase like "I am;" when your attention drifts, refocus it by coming back to the words.



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sweet potato or raisins — to see what feels best.

4 Load up on anti-inflammatory foods to minimize soreness. Choose picks that are rich in omega-3 fats (salmon, walnuts); vitamin C (bell peppers, oranges); carotenoids (sweet potato, carrots); anthocyanins (berries, cherries); quercetin (apples, apricots); and ginger and turmeric.

1 Snack smart before training runs by enjoying a carb-rich bite with some protein, like an apple and string cheese or a banana with nut butter.

2 During long runs (over an hour), alternate between water and sports drinks, which contain electrolytes and carbs to help balance fluid levels.

3 Experiment with eating while running — whether it's gels, blocks, chews,

5 Add a high-quality carb at each meal starting a few days before your race, to store energy in your muscles.

Try a few spoonfuls of quinoa on a salad or an extra veggie at dinner.



Eat right for your run.
ISTOCK

6 Combine high-performance carbs with protein a few hours before the start of your event. Best bets: A whole-grain bagel with nut butter and banana slices, scrambled eggs with chopped tomato and whole-grain toast, or oatmeal with berries and nuts.

8 For optimal recovery, have a bite that's rich in carbs (divide your body weight in half—that's the amount of carbs in grams you need) with 10 to 20 grams of protein.

You can split it up: Have half within 30 minutes of crossing the finish line, and the other half within the next two hours.

Reunited, and it can feel so good

Every spring, many of my young adult psychotherapy clients return from Passover or Easter celebrations with more or less the same question: "How to do I maintain my peace of mind and self respect and still remain connected to my family (who either don't understand/accept me or whose behavior I find

challenging)?"

Staying true to ourselves while negotiating significant relationships with people who don't always share our ideas or values is the key to getting along with others, whether among our intimate circles or society. And coming to terms with our family relationships affects all our other relationships.

Because family bonds are so psychically powerful, successfully navigating them means being able to distinguish the ties that constrain from those that connect. Here are three tips to help you cope with the most important people in your life:

1 Take a personal inventory:
Think about who you are and how you feel when you feel loved, seen, and really

Step Out of My Story

**KIM SCHNEIDERMAN,
MSW, LCSW**

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



shine. Focusing your mind this way will help prevent you from taking comments too personally or feeling that your family is a reflection of, or on, you.

2 Set boundaries:
Distinguish between the little annoyances you can let slide and the larger issues that may require you to speak up for yourself. Know there's a difference between taking a stand and making a scene. Keep boundaries loose

enough to allow for positive exchanges.

3 Explore your assumptions:
Instead of being focused on how you are perceived by your family members, consider whether you are seeing who they really are. We may be tempted to demonize people, instead of taking an honest look at how our own prejudices, assumptions, expectations and vulnerabilities.

Brief

New online platform supports HIV/AIDS sufferers

Managing a chronic condition can be difficult for many patients, but local nonprofit VillageCare's new Rango platform aims to help improve care for the most vulnerable — those with HIV/AIDS.

Rango, an anonymous online health-management service, is a web-based tool offering services from text-based reminders to take medication to message boards and moderated discussion boards to bring together sufferers to share their stories and information. Virtual

support groups, Q&A sessions with health coaches and even peer mentors are also available. Medicare and/or Medicaid beneficiaries who are taking their medications for HIV/AIDS are eligible to participate. For more information, visit villagecare.org. EVA KIS

Horoscope

♈ Aries | March 21-April 20

Proceed with caution. Someone will purposely put obstacles in your path. Be clear and concise with your comments.

♉ Taurus | April 21-May 21

Business meetings will be stressful. If you maintain your course and concentration, you will pick up tips regarding a partnership.

♊ Gemini | May 22-June 20

Before you start a new project, complete what you've left undone or what you've been avoiding. It will be easier to concentrate once you have cleared your mind.

♋ Cancer | June 21-July 22

Don't allow anyone to push you into doing something you don't want to do. Your financial concerns will be lessened if you set up a realistic budget.

♌ Leo | July 23-Aug. 22

Don't remain in a partnership that is detrimental to your health. If your feelings have gone cold, be fair by discussing your emotions.

♍ Virgo | Aug. 23-Sept. 22

Positive changes are on the horizon. Consider your current options, and if things are not satisfactory, don't hesitate to make a move.

♎ Libra | Sept. 23-Oct. 22

Don't try to persuade others to agree with your opinions. Travel is highlighted, along with making new friends.

♏ Scorpio | Oct. 23-Nov.

21 Listen to the voice of experience. You can help yourself and those around you by utilizing strategies that worked for people who faced similar circumstances.

♐ Sagittarius | Nov. 22-Dec.

21 A friend or family member will come to you for advice. Don't try to fit too much into your day. You will avoid frustration by letting matters unfold naturally.

♑ Capricorn | Dec. 22-Jan.

20 Money matters will upset you. Enlist a financial consultant to help you deal with your income issues.

♒ Aquarius | Jan. 21-Feb.

18 Stop limiting yourself. Get out and participate. Sitting on the sidelines will not get you the recognition or rewards you are looking for.

♓ Pisces | Feb. 19-March 20

Workplace headaches will cause undue anxiety. You are competent and hardworking, but you need a break. Get together with some friends.

EUGENIA LAST

Letters to the editor

Criminals are people

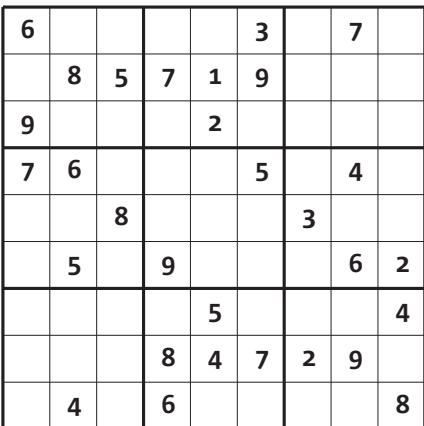
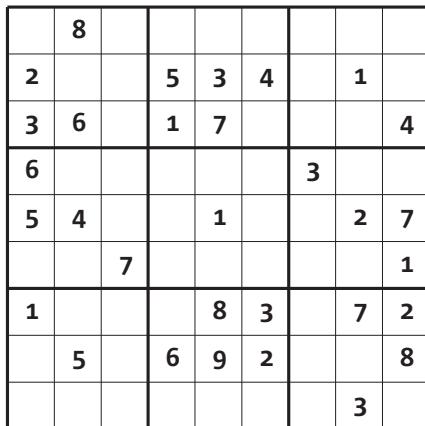
home. Wide-scale prison reform would save tax-payers' money and help to repair communities that face unfairly high rates of incarceration. For more violent criminals, harsher penalties are not the answer.

JORDAN RUBENSTEIN

Letter writer J. Andrew Smith's proposal of slavery and medical punishment for felons is troublesome and would be horribly out of character for our justice system. We strive, however imperfectly, to treat even the worst offenders with the basic human dignity and respect that they have denied their victims so that we do not let the savage actions of the few corrupt our own dedication to the right to life, liberty, and the pursuit of happiness.

ANTHONY P. FARRELL,
VIA EMAIL

Sudoku: Easy and hard

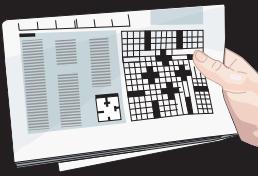


How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Crossword

Across

- 1 Wingding
- 5 Fiesta dip
- 10 Gamblers' mecca
- 14 Food for Fido
- 15 The — suspects
- 16 Sign over a door
- 17 Chowder morsel
- 18 Insect stage
- 19 Start of a famous boast
- 20 Ferocious bear
- 22 Snowy overhangs
- 24 Mountainous
- 25 Couplets
- 26 Weeps loudly
- 28 Shorten, maybe
- 32 Voucher
- 35 Broad st.
- 37 The "M" of LEM
- 38 Koan discipline
- 39 Devote, as time
- 41 Grande or Bravo
- 42 Shopping gallery
- 45 "— Girls"
- 46 Crack
- 47 Eager and willing
- 48 Whiskery animal
- 50 Plush fabric
- 54 Outspoken
- 58 Ruling
- 61 Large lizard
- 62 Rara —
- 63 Wind catchers

65 Chime

66 Plant parasite

67 Ms. Verdugo

68 Huron neighbor

69 Answered a judge

70 Mr. Spock's father

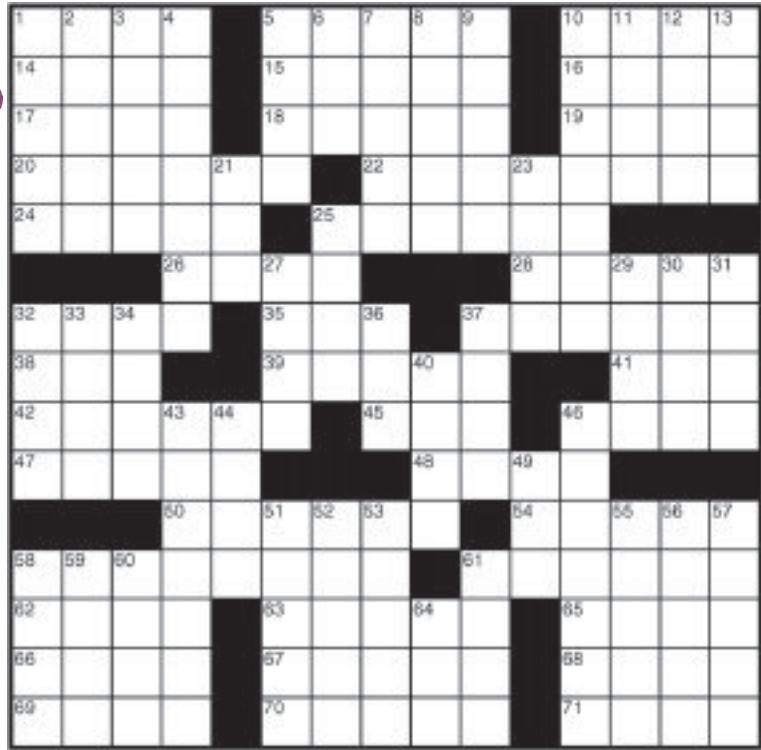
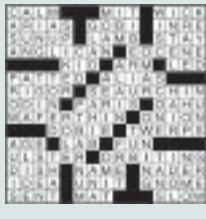
71 Go-getter

Down

- 1 Provides capital
- 2 Dispense
- 3 Garden tool
- 4 Coziest
- 5 Moody silence
- 6 Sharp — — tack
- 7 Rock and roll
- 8 "Stompin' at the —"
- 9 Beeper
- 10 Amended
- 11 Board mem.
- 12 Number of Muses
- 13 Elevator guy
- 21 GI mail drop
- 23 Emperor before Galba
- 25 Host's plea
- 27 Kind of camp
- 29 Fling
- 30 He directed Marlon
- 31 Tom's cry
- 32 Industry magnate
- 33 Present
- 34 Quechua speaker



Yesterday's answer



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SPORTS



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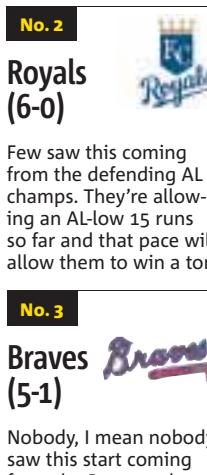
SPORTS 24

MLB power rankings | by Ryan Hannable



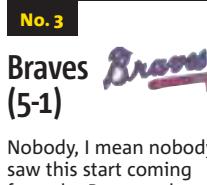
Tigers (6-0)

Many wondered how the Tigers would be after losing two of their top starting pitchers but they clearly haven't missed them thus far. At the plate, Detroit is once again led by Miguel Cabrera, who is batting .520. They also have the players with the top three batting averages in the American League through one week.



Royals (6-0)

Few saw this coming from the defending AL champs. They're allowing an AL-low 15 runs so far and that pace will allow them to win a ton.

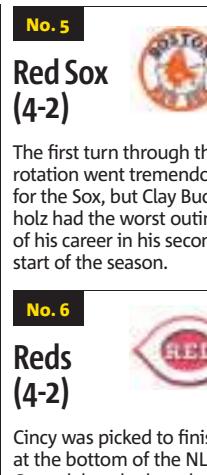


Braves (5-1)

Nobody, I mean nobody, saw this start coming from the Braves, who swept the Marlins in Miami. Jason Grilli already has three saves.

Blue Jays (4-2)

Toronto is going to hit, as shown by its offensive explosion last year. So far in 2015 they're led by Jose Reyes' .417 average.



Red Sox (4-2)

The first turn through the rotation went tremendous for the Sox, but Clay Buchholz had the worst outing of his career in his second start of the season.

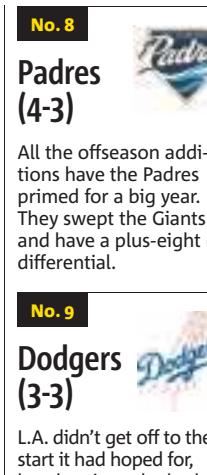


Reds (4-2)

Cincy was picked to finish at the bottom of the NL Central, but the long-ball has led them to a 4-2 start. They did lose two of three to St. Louis, however.

Rockies (4-2)

By now it's clear that the Rockies are going to score a ton - so far and NL-leading 35 run - but pitching is still an issue.



Padres (4-3)

All the offseason additions have the Padres primed for a big year. They swept the Giants and have a plus-eight run differential.

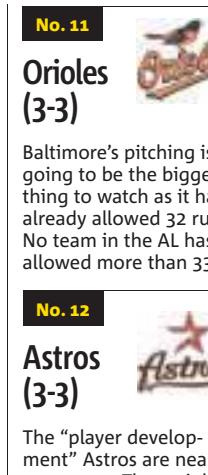


Dodgers (3-3)

L.A. didn't get off to the start it had hoped for, but there's no doubt the Dodgers will rise quickly here. Adrian Gonzalez already has five homers.

Mariners (3-3)

The M's are going to be fun to watch as evidenced by their series with the A's. Fernando Rodney has two saves so far.



Orioles (3-3)

Baltimore's pitching is going to be the biggest thing to watch as it has already allowed 32 runs. No team in the AL has allowed more than 33.



Astros (3-3)

The "player development" Astros are nearly grown up. They might not be a playoff team, but they appear to finally be on the rise.

Mets (3-3)

Bartolo Colon has won both of his starts thus far and despite his age, he's proving he can pitch with anyone.

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1. AMS 700® Patient Manual, Information and Instructions for Patients Considering an Inflatable Penile Prostheses. American Medical Systems. 2012.
2. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010.
3. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.
4. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.
5. Penile prosthesis. <http://www.essm.org/society/lesha/maleds/oraltreatments/penileprosthesis.html>. European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

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MLB

Bonds is sick of A-Rod hate

The only man with a more tarnished baseball resume than Alex Rodriguez defended the Yankees slugger this week as Barry Bonds doesn't understand

why A-Rod is hated by the masses.

"Why the hate? Why hate on something you're paying to see? I don't understand it," Bonds told USA Today, speaking of Rodriguez needing only five more home runs to

tie Willie Mays' mark on the all-time homer list. "Anytime anybody in the game does something that's a great accomplishment, the game of baseball should celebrate that. No matter what."

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MLB

Mets win in home opener

The Mets won their 2015 home opener at Citi Field Monday, downing the Phillies, 2-0.

Jacob deGrom was outstanding for New York as he did not give up a run on seven hits in just 6.1 innings of work.

In a relative pitchers' duel, Juan Lagares drove in Daniel Murphy on an infield single in the fourth and Travis d'Arnaud plated Michael Cuddyer with a sac fly in the eighth.

Matt Harvey will make his first start at Citi Field in well over a year Tuesday (7 p.m., SNY) as he will throw against Philadelphia's David Buchanan.

MATT BURKE

MLB

Mets fan tosses beer at Phillies player

A Mets fan was caught on camera throwing a beer through the grated fence in right field at Phillies outfielder Grady Sizemore during the play of game as Sizemore relayed the ball to the infield. It is not known if the fan was ejected or not. The Mets changed the look and dimensions of their outfield fences this past offseason.

MATT BURKE

Rangers need 'A' games from Nash, Hayes, Miller

NHL. In a do-or-die series, New York needs consistency from its forwards.

The New York Rangers are out for a bit of redemption in the 2015 Stanley Cup playoffs, as the Los Angeles Kings ran roughshod over them in last year's Cup Final, taking the series four games to one. The Rangers played like a team possessed this regular season, securing the Presidents' Trophy with the best record in the league (52-23-7, 113 points). They are the favorites in Las Vegas to win the Stanley Cup this year, but they won't be able to do that if these three players don't live up to expectations:

1 Rick Nash

Nash led his team with 42 goals and 69 points this season, but will he deliver in the playoffs? It's a legitimate question, as his performance in the 2014 playoffs left plenty to be desired. Nash only put up three goals (none of which came in the Stanley Cup Final) and seven assists in 25 games, with a woeful shooting percentage of 3.6. At least it was slightly better than his one goal and four assists on 2.4 percent shooting in the 2013 playoffs.



Rick Nash tallied 69 points this season. / GETTY IMAGES

Nash's shooting percentage suggests he's letting the pressure get to him in crunch time. There are already signs that fatigue is getting to Nash right now, as he's only put up seven goals and 14 points since Feb. 16. Nash needs to erase his bad postseason reputation and put up some goals when it matters most.

2 Kevin Hayes

Hayes was electrifying in his rookie season, amassing 17 goals and 45 points in 79 games. The

By the numbers

1.75

Rick Nash shredded the Penguins this season as he tallied at least one point in each of the four games he played against Pittsburgh. He averaged 1.75 points per game against the Pens in 2014-15.

22-year-old phenom defied the modest expectations the Rangers had for him this year, and he quickly made his way up the depth chart with his contributions in both the

offensive and defensive aspects of the game. Now Hayes will get his first taste of playoff hockey, and we'll see how he handles the pressure. He is just one of the young guns at forward that the Rangers have built a perennial contender with.

3 J.T. Miller

Miller, just a reserve player with the Rangers the last two seasons, took on a much more important role in 2014-15 as he provided some secondary scoring, putting up 10

goals and 23 points in 58 games played. He was virtually no factor in last year's playoffs, scoring zero goals in just four games played, but Miller will see much more ice time this year. The Rangers will lean on him heavily if a top-line scorer gets injured or goes cold. Scoring depth is vital in the NHL playoffs, and the Rangers will have it if Miller steps up.

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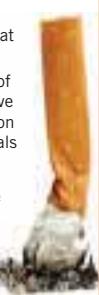
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